

The following essay is far from perfect. It is a reflection of thoughts and feelings and not an attempt for a scientific work. Please read it in that context.

## **Shelter and Protection in spiritual Relationships**

### **with regard to the vedic perspective**

(by Jagannath das)

#### **1. Introduction**

This essay comes from experience mixed with knowledge from the vedas. It is intended as a support for couples who have lost something valuable in their relationship or singles who are searching for exactly that.

According to the vedas eating, sleeping, mating and defending are those qualities the humans have in common with the animal species.

Certainly we humans live those areas of life in a more polished way, but basically they are the same.

I would like to go deeper into what is mating in the following text from a more western point of view.

#### **2. The Human - the multidimensional Being**

Usually we humans see ourself as a physical being. Being born and destined to die.

That is certainly true, but the yoga shastras among the vedas explain, that there are many planes of existance of the atman (the soul).

Under point 2 I would like to first clear three of these main planes

##### **2.1. The spiritual Plane**

This is the dimension of the soul (atma). Here we live in a pure state of universal love free from mental and physical conceptions and bodies.

We have a body made of conciosness (cit) that undergoes no changes (sat) and our nature is love and joy (ananda). On this level there are no Gunas (modes of nature) like goodness, passion or ignorance that force us to act. Everathing is guided by love.

Also our relationships are entirely based on ever flowing unconditional love.

Here we are beyond male and female. We have both qualities of what later on the physical

plane will be male and female.

Our attraction to the other one is guided by the desire to serve the divine.

## **2.1. The energy Plane**

There are a number of subtle dimensions mentioned in the vedas. For this essay a detailed explanation is not necessary.

On this plane we live in the subtle realm of matter.

The mode of goodness and passion are already present.

In our relationships we have the feeling that we are missing something. We may want to be with someone or we might want to create something good.

There are differences between us and someone else in conception and in the development of the chakras.

### **2.1.1. The Chakras**

As many of you know there are energy centers within our subtle bodies. The vedas call them chakras (vortex).

Those chakras are always moving. They spin in a certain individual speed and intensity.

As we approach the physical dimension those chakras spin clockwise and counterclockwise within male and female beings.

Opposites attract each other.

Meaning: The chakra that spins clockwise within one individual is attracted to the chakra that spins counterclockwise within the other.

Nature has created the male energy and the female in a way that their chakras spin in exactly the opposite way so that attraction is natural. Please note that I don't use the words man and women, because the bodily appearance is not the main criteria for attraction on this plane. It may happen that a man has quite some female energies or that a woman has more male energies. This is in accordance with the karma from the last birth.

Also the intensity of the chakras are different.

Throat and heart chakras are more active in the female subtle body.

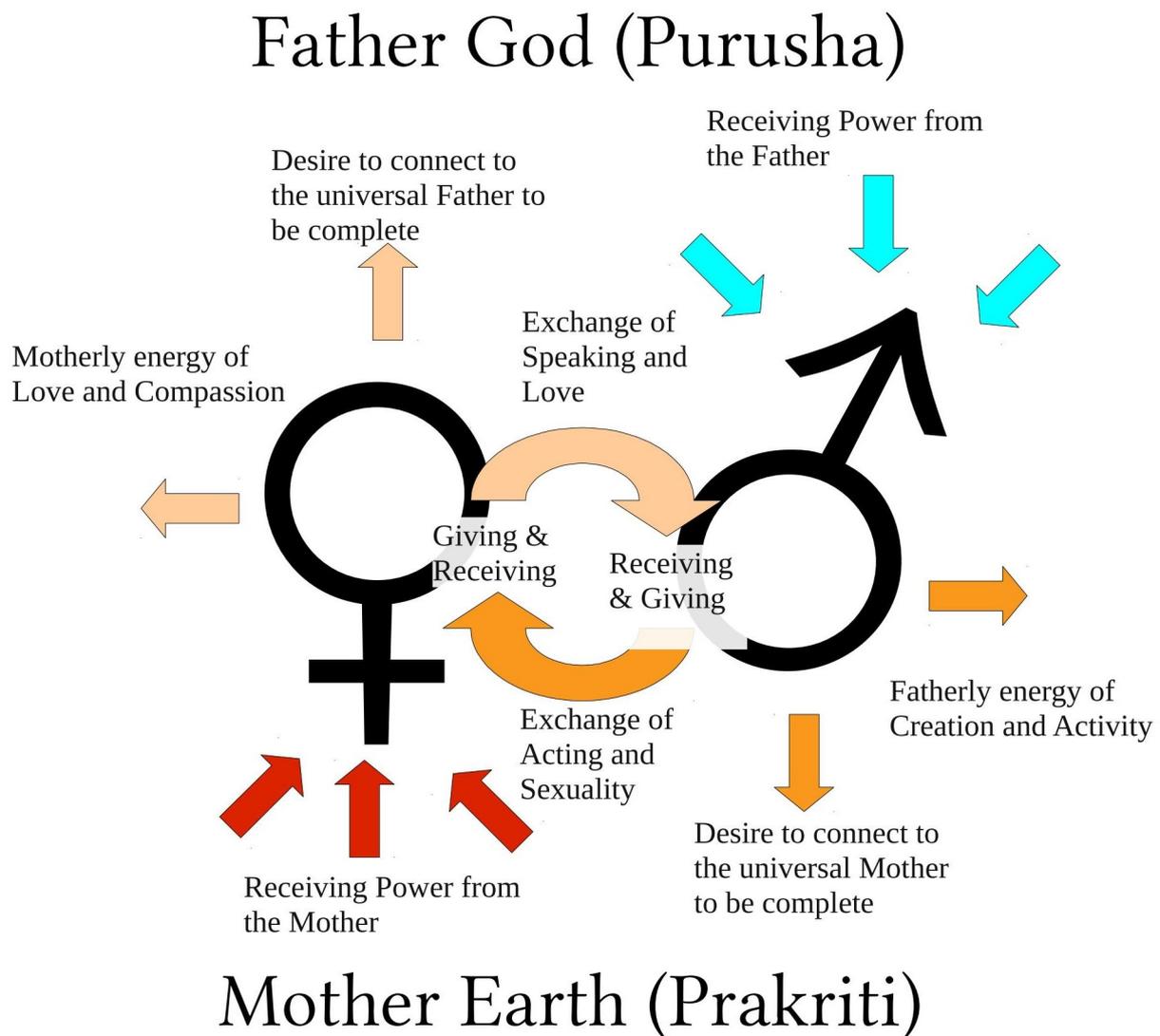
Sacral and root chakra are usually more intense in the male subtle body.

A law in physics says that energy travels always from the place of high concentration to the place of low concentration.

So it is natural that a person with much feelings wants to give them to someone

suited. Best suited obviously would be someone with lesser energy in the heart chakra region. The same counts for someone who has much creativity or sexual energy. Those energies go to someone who has a lack of energy in the sacral chakra. This can also be seen as an explanation of the procreation from the energetical point of view.

This knowledge is widely known in yogic or tantric disciplic successions.



### 2.2. The physical Plane

On this plane the difference between man and woman are usually clearly seen. The bodily concept is based on ignorance (tama guna) so that both genders clearly believe they are male or female.

Here relationships are more static due to a sense of possessiveness.

He belongs to me. She is mine.

Although the feelings, concepts and bodies are always changing one is convinced to know the other person.

Here the attraction is possible due to the chakras, the emotions and the body.

### **2.2.1.. Mating - emotional and bodily Closeness**

There are many ideas what a relationship could be.

The fact remains that people are attracted to each other on the physical plane as soon as the conception of “I am this body” and “that is mine” is created.

### **2.2.2. Hormons - Estrogen and Testosterone**

According to the modern medicine Hormones are the basis for many of our activities whether they are done on a conscious or unconscious level.

On this plane they can induce happiness or depression, boldness or shyness.

In matters of gender they create a lot of misunderstandings.

**Estrogen** (actually a term for the hormones Estriol and Estradiol) is produced in the female body.

Its effects are softer skin. Growth of the secondary sexual characteristics. Higher voice. Strong desire to touch soft things. The need to feel cared for. Tendency to be guided by the strong.

**Testosterone** produced by the male body creates a strong body, stable bones, deep voice, a “ready to fight” mentality, tendency to be in front (alpha male), the need to care for someone and to lead.

We can see clearly the opposites that will search for exactly that what is missing in oneself.

## **2.3 Relationship as Sri Sri Lakshmi Narayana (Sri Sri Siva - Sakti, Sri Sri Sita - Rama, Sri Sri Radha - Krishna)**

From the Vedas we learn that there are divine relationships. Difficult to understand for western minds are those relationships in traditional Indian families a ideal role model for the married couple.

Spiritual, energetic and physical body unites in these relationship.

Soul to soul; opposite energies and opposite gender.

The yin and the yang in the relationship. The strong and the soft. The enjoyer and the enjoyed. The heart and the power. The one who cares and the one who is being cared for.

Acceptance and respect are two of the major basic necessities for a relationship.

Personal relationship starts with loving deeds for the other one.

The vedas speak of 5 rasas to God. Shanta, dasya, sakhya, vatsalya and madhuriya.

Neutrality, servitude, friendship, motherly love and passionate love as lover.

The relationship between the male and the female principle of the humans reflect the divine rasas like sunlight reflected in different liquids.

Neutrality means to see the other as worthy of respect. It is the beginning of love. After that follows service. This service should come from an untainted desire to serve the divine through the other person.

The female principle serves by giving love and compassion. The male by acting and creating. In an always increasing feeling of love one should see that this is a service to the Divine. Giving and taking should be balanced and the energies should flow without alternate motives.

In this way a truly spiritual connection is possible. Such a relationship will accelerate inner evolution and spiritual growth towards the Divine. In accordance with the disciplic succession the goal could be Sri Shiva and Sri Shakti or Sri Sita and Sri Rama or Sri Lakshmi and Sri Narayana or Sri Radha and Sri Krishna this depends on the mood of the individual.

All qualities of the ishta devata (desired form of the divine) will slowly descend into the human male or female and transform the mundane characteristics into spotless love.

### **3. The Tender Creeper and the Golden Espalier**

In accordance to all mentioned qualities the male can be compared to a espalier and the female to a creeper. Both have their roles and qualities that help the other. The espalier keeps the creeper so that it will not be damaged by animals that walk by, thus it can grow towards the light. The espalier is rather indiscernible. It is strong but inflexible. The creeper with its tender being gives it a softer appearance and at the end the creeper beautifies the espalier with wonderful looking and smelling flowers.

### **4. Taking Shelter**

Now let me try to put all the introductory explanations slowly together and speak about taking shelter.

We all come from the warm and secure shelter just before birth – the womb.

Thrown into this cold world and separated from everything we knew we try to find that shelter again. True shelter we will only find in God. But within our worldly awareness we seek such shelter within other persons.

How does a woman takes shelter.

Women need to express their feelings by communicating them. That can be done by words or by physical closeness (hugging, cuddleling).

The man has to learn how to hold them properly so that the feeling of shelter and security is created within her.

The man needs to express the active creativity. This is possible by work, hobbies or sexuality. The woman should learn how to support his creative work or how to shelter his physical body within hers.

## **5. Being Protected**

The strong desire to express her feelings makes the woman vulnerable to manipulation.

Because when feelings speak the discriminative intellect silences. Owerwelmed by feelings the woman seeks shelter within everyone who is willing to open to her words and emotions.

The man has the responcebility to be there if those feelings of her needs shelter and to be uphelded so that she feels the warmth from him of being cared for.

The man expresses through acting and sexuality. The drive to be creative is owerwelming the logical mind of a man so that creativity and sexuality has to be expressed to a receptive person. Protected can those energies in the way that he feels useful. He needs to care for someone in an active creative way. The woman protects the man to show him a possibility to create within their enviroment and to give him the physical shelter.

## **6. Summary**

Humans are usually coverted with the desire to enjoy. This desire creates the identification of “I am this body” and “everything that is related to it is mine”.

Until we realize that we are complete within us in our eternal relationship with God, we need the other counterpart to get a feeling of unity.

I am convinced that our relationship with God will – with regard to the afore mentioned - increase naturaly a relationship that is based on truthfulness, respect, honesty, actice approach to life and mutual love for each others state of awareness of the Divine.

